

GUIDE TO THE  GOODLIFE

RECIPES FOR THE

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WINNER
Mario Ferraro's
Lemon Delicious
and Almond
Cupcakes
recipe

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Our top 50 recipes selected from the Recipes For The Good Life competition.

Dessert

Lemon Delicious and Almond Cupcakes

Mario Ferraro, Queensland

Ingredients

- 2 cups self-raising flour, sifted
- 3/4 cup caster sugar
- 3/4 cup milk
- 125g butter, softened
- 2 eggs
- 1 tbsp lemon juice
- 1 tsp vanilla essence
- slivered almonds and icing sugar to decorate

Icing

- 1 and 1/2 cups icing sugar, plus extra to thicken.
- 1 tbsp lemon juice
- 2 tbsp butter
- yellow food colouring, optional

Method

- Preheat oven to 180°C. Line a muffin pan with paper cases.
- Beat butter, vanilla, lemon and sugar until light and fluffy. Gradually add eggs one at a time, continuing to beat the mixture. Stir in the flour and milk until combined. Transfer mixture into lined muffin pan.
- Bake for 15 to 18 minutes or until golden and, the top of the muffin springs back up when lightly pressed. Let stand in pan for 2 minutes before transferring onto a wire rack to cool.
- To make icing:
beat icing sugar, butter and lemon juice until smooth. Add yellow food colouring to desired shade. To thicken the icing, gradually stir in extra icing sugar.
- Pipe or spread icing over cupcakes. Decorate with slivered almonds and sifted icing sugar.

Entree

Suzie's Asian Yumm Soup

Sue Wallace, Queensland

Ingredients

- chicken stock
- golden shallots (finely sliced)
- mushroom (finely sliced)
- celery (finely sliced)
- capsicum (finely sliced)
- wombok (finely sliced)
- fresh bean sprouts
- carrot (julienne or grated)
- coriander (chopped) and whole roots separate
- 1 glove garlic (finely sliced or diced)
- chicken and/or prawns
- rice vermicelli noodles (optional)
- soy sauce
- chilli flakes or fresh red chilli
- olive oil / sesame oil
- lemon juice

Method

- Place olive oil, sesame oil, shallots, mushrooms, celery, garlic and chilli into a large pot and lightly fry.
- Once it has started to sweat down, add chicken stock, soy sauce to taste, coriander roots and heat through.
- Add rice vermicelli noodles (if wanted). Add a squeeze of lemon juice to taste.
- Then add chicken and/or prawns - while cooking - place shredded wombok, fresh bean sprouts, grated carrot and chopped coriander into bowls.
- Once prawns are cooked, immediately pour soup over veges in the bowls.

Entree

Best Ever Pumpkin Soup

Catherine King, New South Wales

Ingredients

- 1 medium butternut pumpkin
- 2 medium onions
- 2 medium potatoes
- 1 medium sweet potato
- 1 tspn salt
- 2 litres chicken stock
- 2 tbsp olive oil

Method

- In a large soup pot sauté onions in olive oil until slightly brown.
- Add chicken stock and bring to boil
- Dice pumpkin, potato and sweet potato and add to the pot and add salt.
- Leave to simmer until all vegetables are soft and falling apart approx 30 - 40 minutes.
- Then place stick slender blender into the pot and blend until creamy smooth. Then bring back to boil for a couple of minutes.
- Ready to serve. Can be served with a little bit of sour cream and a sprinkle of chives.

Entree

Jansson's Frestelse

Sandra Callanan, Victoria

Ingredients

- 10 large potatoes - peeled and julienned into matchsticks
- 2 onions, peeled and sliced thinly
- 40 anchovy fillets, drained and brine reserved
- 300ml cream
- 15g bread crumbs
- 30g butter

Method

- Preheat oven to 225°C.
- Place a layer of julienned potato onto the bottom of a large greased baking dish. Top the potatoes with a layer of sliced onions, and then a layer of anchovy fillets. Repeat layers up to the top of the dish, ending with a layer of potatoes on top. Drizzle about 2/3 of the cream over the dish, and the reserved liquid from the anchovies. Sprinkle the breadcrumbs over the top, and dot with pieces of butter.
- Bake for 30 minutes on the middle rack of the oven. Add the remaining cream, and continue baking for another 15 minutes, or until the potatoes are tender.
- For a delicious entree, make this up in individual souffle dishes or similar instead.

Entree

Stuffed Mushrooms

Marie Gardner, Victoria

Ingredients

- 6-8 large flat mushrooms
- 50-100g baby spinach leaves (can substitute frozen spinach)
- 2-3 tbsp basil pesto
- 2-3 tbsp chopped roasted red peppers
- 2-3 tbsp chopped semi dried tomatoes
- 2-3 chopped spring onions
- 100g feta, boconcini/mozzarella cheese

Method

- Remove mushroom stalks and chop.
- Combine stalks with all other ingredients except cheese and fill mushroom cups with this mixture.
- Top with crumbled or sliced cheese and bake in 200°C oven for approximately 10 minutes until mushrooms are slightly softened and cheese is melted.
- All ingredients used are variable you can add ingredients that you have available and quantities are approximate.

Entree

Salmon with Pomegranate Molasses

Karen Mueleman, Victoria

Ingredients

- 4 fillets of atlantic salmon - skin on
- 1 tbsp pomegranate molasses
- 2 cloves crushed garlic
- 1 tbsp tamari
- 1 tbsp olive oil
- 1 small red chilli shredded
- 1 packet soba noodles
- 1 tbsp sesame oil
- 1 tbsp tamari extra

Method

- Mix garlic, pomegranate molasses, tamari olive oil and chilli in a dish.
- Marinate salmon for 1 hour, turning once.
- Heat a heavy based frypan - oil lightly. Remove salmon from marinade and place skin down in hot pan. Cook until skin begins to crisp, being careful not to burn. Turn heat down and cover with a lid, allowing salmon to cook through, but not dry out. Tip the rest of the marinade over the salmon for the last few minutes.
- In the meantime, heat a large pot of water to boiling. Tip the soba noodles into the pan, and boil for 2-3 minutes. Drain and quickly stir through sesame oil and tamari.
- To serve, place soba noodles onto plate and arrange salmon on top. Drizzle with cooked marinade. Serve a fresh side salad of seasonal greens to accompany. This is also nice with pan fried bok choy to accompany.

Entree

Oysters Rockefeller

Ezra Bougen, New South Wales

Ingredients

- 24 shucked oysters still in shell
- 1/4 cup parsley
- 1/4 cup chives
- 1/4 cup chervil
- 2 tbsp fresh tarragon leaves
- 1/4 cup of yellow inner celery leaves
- 200g softened butter
- 50g parmesan grated
- 1 cup breadcrumbs (preferably homemade)
- 2 tbsp pernod
- 6-12 drops tabasco

Method

- Chop herbs and celery leaves finely by hand. Place in a bowl. Add butter, parmesan, breadcrumbs, pernod and tabasco. Stir to combine.
- Put generous portion of topping on each oyster. Place in oven proof dish. If oysters don't sit in dish properly, scrunch up some aluminum foil, place on bottom of dish then push oysters down onto it.
- Place under grill for 1-2 minutes till topping goldens and sides of oysters start to curl.

Entree

Mini Vegetarian Potato Pies

Jesse Toogood, South Australia

Ingredients

- 3 sheets of standard puff pastry
- 4 large diced tomatoes (homegrown is nice)
- 2 pinches of oregano
- 2 finely diced garlic cloves
- 1 brown onion diced
- 1 pinch of salt
- 1 pinch of pepper
- 1 pinch of sugar
- 3 medium white potatoes
- 1 tsp of butter of your choice

Method

- Start to thaw the pastry near a window in sunlight or on a sink.
- Place 5 cups of water into a saucepan and bring to the boil. Peel potatoes and dice into quarters, place in water when boiled. Keep saucepan on high.
- After about 10-15 minutes the potatoes should be nice and soft that when you plant a knife into it it will just go straight through.
- Once that is done drain potatoes and then add butter and mash the potato together. Set aside.
- In a small saucepan add onion and garlic.
- Add oregano and tomatoes when garlic and onion is really hot. Give a quick stir and place lid on saucepan.
- Get pastry and roughly cut four 10cm circles out of each of the square sheets. Oil a 6 piece muffin tin with spray or butter. Place a circle in each muffin hole.
- The other six circles left over are for the lids. Place a tsp scoop of the tomato mixture in each of the holes then two of potato, then one of tomato then two of potato. Just so your making layers in the pies. Do this.
- Place the lids on and firm the edges around the pies with your fingers and seal them off. Place in oven for about 20-25 minutes or until tops are puffy and pies seem firm and cooked.

Entree

Moroccan Salad

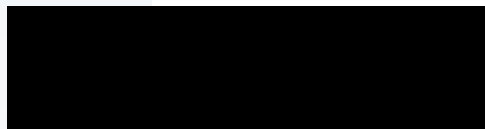
Janette Downton, New South Wales

Ingredients

- 4-6 navel oranges peeled and sliced
- 350g chopped dates
- 500g flaked almonds
- 1 tsp sugar
- juice 1/2 lemon
- cinnamon

Method

- In a glass bowl, arrange oranges, dates and almonds in layers, beginning with oranges and finishing with a thick layer of almonds.
- Dissolve sugar in a little hot water and combine with juice. Pour over salad. Sprinkle with a thick layer of cinnamon on top and refrigerate until ready to serve.



Entree

Yummy Rice Paper Rolls

Eleanor Douglas, New South Wales

Ingredients

- 1 packet of rice paper rolls (found in asian section of supermarket)
- 500g of pork or chicken mince
- 1/2 cup abc sweet soy sauce
- 1 table spoon sambal oleke (or 1tbsp dried chilli flakes)
- 3 spring onions finely sliced
- 1 can of water chestnuts finely chopped
- 1 granny smith apple finely sliced
- 100g bean sprouts
- 100 g cooked vermicelli noodles
- 1 cup torn fresh mint leaves
- 2 grated carrots
- 1 cup of finely sliced spring onions (green section only)

For sauce:

- 1 can of ayam brand mild satay sauce
- 1/4 cup light milk
- 2 tables spoons brown sugar.

Method

- Stir fry meat until cooked. Add onions, sambaloleke, water chestnuts and sweet soy sauce. Cook for 5 minutes.
- Grate carrots, rinse bean sprouts, rinse and tear fresh mint leaves, finely slice apple, finely chop greens of spring onions
- Place noodles in bowl of boiling water for 5 minutes or until soft. Drain and serve.
- For sauce: add satay sauce, brown sugar and milk in microwave safe bowl. Mix and heat on high for 1 min. Stir and heat for another minute.
- To create roll: follow packet direct of rice paper rolls; this usually is fully submerging wrap gently in to dish of boiling water. Leaving sit for 10-15 seconds (until soft) and removing carefully from dish. Try not to get any rips or tears in the wrap.
- Layer up mince, salad, noodle and sauce. Be careful not to over stack the wrap as this makes it hard to roll.
- To roll the wrap fold over the bottom side, then leave for 5 seconds until rice paper roll is tacky. Fold over the left and right side and leave till tacky.
- Quickly but carefully roll the remaining of the wrap up. Be careful not to split the rice paper.

Side

Tomato Chutney

Jane Seward, Queensland

Ingredients

- 1kg tomatoes, any kind and preferably home grown organic
- 1 large onion, any variety
- 1 large apple, any variety
- 100g sultanas
- 300g sugar, any type
- 200ml vinegar, any type ok
- 2 tsp salt, any type preferably with iodine
- 1/2 or 1 tsp mixed spice, less or more as you like it
- 1 tsp ginger, fresh grated or powdered
- 1/2 tsp black pepper
- 1/2 cayenne or chopped chilli if you like it.

Method

- Select a large pot with lid. Put everything in except the tomatoes, onions and apple. Start the cooking on a medium heat and stir occasionally.
- Core apple but don't peel. Chop up by hand or use a processor, onion, apple and tomatoes. Chop up fairly small. Add to ingredients in pan in batches.
- Bring to boil and reduce heat to a very slow simmer. Continue to cook, stirring occasionally, for about 2 hours. The chutney is ready when it is reduced to a thick consistency, but a little sloppy, not too dry or thick.
- Cool a little and fill hot sterile jars (about 4) and seal with screw top lids. Allow to cool completely and store in fridge.
- Great spooned through rice, with cold meat, stirred through cream cheese for a dip, delicious with cheeses and breads and vegetables.
- Give as presents. Keeps in fridge for 2-3 weeks at a guess. Never had a batch that lasted that long as we ate it all up or gave a jar or two away.

Side

Cumin Potatoes with Yoghurt

Rashida Tayabali, New South Wales

Ingredients

- 2 green chillies (chopped finely)
- 1 tsp turmeric (optional)
- 1 bunch of coriander, chopped
- 1/2 kg potatoes (boiled and cubed)
- salt to taste
- lemon juice to taste
- 1 cup yoghurt
- 1 tbsp oil

Method

- Heat oil in a pan.
- Add cumin seeds and sauté until they crackle.
- Add green chillies, salt, coriander and lemon juice.
- Add potatoes and stir well to combine all flavours.
- Turn off the heat and add yoghurt once potatoes have cooled.

Side

Greek Style Silverbeet and Rice

Merrilynne Hayes, Victoria

Ingredients

- 8 stalks of fresh silverbeet
- 1 red onion and/or 2 cloves fresh garlic
- 1½ cups rice
- 3-4 cups good quality chicken or vegetable stock
- olive oil

Method

- Wash silverbeet well and strip leaf from stems.
- Finely chop stems and onion and garlic.
- Cover the base of a wide based saucepan or deep skillet with olive oil.
- Sauté chopped onion, garlic and stalks slowly until onion is starting to become transparent.
- Roughly chop silverbeet leaves and add to the pot and stir through.
- Pour over rice and 3 cups of chicken or vegetable stock. Add lid to pot and simmer slowly for 15 minutes or until the rice has absorbed the stock. Add extra stock if required. The leaves will be “marbled” through the rice.
- Serving suggestions:
to serve as a vegetarian dish add crumbled feta cheese and kalamata olives.
- Alternative:
add cooked chicken, feta and olives.

Side

Chicken and Garlic Cheese Balls

Maria Vella, Victoria

Ingredients

- 500g minced chicken
- 2 tsp garlic granules
- 2 tsp chicken salt
- 2 tbsp dried onion flakes
- 2 tbsp dried parsley
- pepper to taste

Filling ingredients:

- garlic butter cut into 1cm pieces
- cheese cut into 1cm pieces

Crumb ingredients:

- 3 eggs
- 2 tbsp of Paul Newman's creamy roast garlic dressing
- 2 cups breadcrumbs
- 2 cups plain flour

Method

- Mix all of the ball ingredients in a bowl.
- Use wet hands to shape 2 tbsp of the ball ingredient mixture into a ball. Press your thumbs into the centre of the ball to make an indent. Place a piece of cheese and garlic butter piece in the indent, then mould the ball ingredient mixture around the cheese and garlic butter pieces to enclose. Repeat with the remaining ball ingredient mixture.
- Place breadcrumbs on a large plate place the flour on a separate large plate put the eggs and Paul Newman's creamy roast garlic dressing in a bowl and use a fork to lightly whisk.
- Roll the balls in the flour and shake off any excess. Dip in the egg mix then in the breadcrumbs, pressing to coat. Place on a large plate. Place in the fridge for 30 minutes to chill.
- Add enough oil in a large saucepan to reach a depth of 5cm. Heat to 190°C over medium-high heat (when the oil is ready a cube of bread will turn golden in 10 seconds). Add 7 chicken balls to the oil and cook, turning occasionally, for 4 - 5 minutes or until golden. Use a slotted spoon to transfer to a plate lined with paper towel. Repeat, in 3 more batches, with the remaining chicken balls, reheating the oil between batches.
- Place the chicken balls on a serving plate and serve with chips and salad and tomato relish or chutney.

Side

Polenta and Feta Bake

Toula Tsetsonis, Victoria

Ingredients

- 300g polenta
- 300g feta crumbed
- 800g water
- 100g oil
- pinch of salt

Method

- Preheat oven 180°C, grease tray, in a saucepan add water pinch salt until it boils.
- Add the polenta slowly, stir with wooden spoon, then take off heat add feta and oil stirring.
- Pour into a greased tin, flatten down with wooden spoon and bake for 1 hour.

Side

Artichoke Hearts in Sour Cream

Sandy Brosolo, New South Wales

Ingredients

- 3 tins of artichoke hearts (3 hearts per person)
- 1 litre sour cream
- tabasco sauce
- 1 tin flat anchovy fillets (drained)
- 1 cup freshly grated parmesan cheese
- salt and pepper

Method

- Drain artichoke hearts and dry well. Place in an ovenproof dish and cover with sour cream. Shake tabasco sauce here and there.
- Place the anchovy fillets over the sour cream in a lattice pattern and sprinkle liberally with parmesan cheese. Cook on the centre shelf of a pre-heated 190°C oven for 40 minutes.
- Place under the grill just before serving to brown the top. Can also be cooked in individual dishes.

Main

Butter Chicken

Syeda Ishrath, Western Australia

Ingredients

- 1 onions (chopped)
- 1/2kg chicken (boneless)
- 1 medium tomato (chopped)
- red chilli- to your taste
- salt to taste
- 1 tsp - 2 tsp tomato ketchup
- 1 tsp sugar
- 1 tsp ginger garlic
- 2 green chillies
- 100g butter
- 10 pieces cashew nuts
- 1 sprigs coriander leaves
- 1 tblsp coriander pdr
- ½ tsp crushed drais fenugreek leaves
- 1/2 tsp cumin seeds
- 100ml fresh cream
- 2 tblsp oil

Method

- Take sliced chicken, apply ginger garlic paste, salt, red chilli and shallow fry in 2 tbsp of oil.
- Now to the left over oil pan, add little oil, add cumin seeds, chopped onion, ginger garlic paste, chopped tomatoes, then whole cashews, coriander powder (1 tbsp), add water (1/2 cup) and cook on low heat for 15 minutes till the cashews are soft and onions are soft too, cool the cashew mixture and put in blender and blend to fine paste.
- Take another big pan add butter, when the butter is melted add the blended paste and add colour, sugar, salt, ketchup, then add the chicken, mix well. Now add cream and chicken pieces to this mixture.
- Add fenugreek leaves (crushed in your hand).
- Add water to form consistency you desire.
- Top with coriander leaves and mint leaves.
- Serve with naan or rice

Main

Quick Fish Curry

Leela Morris, Queensland

Ingredients

- 2 tbsp of olive oil
- 1 onion chopped
- 2 cloves garlic crushed
- 1 tbsp finely chopped ginger
- half tsp chilli powder
- 4 green chillies
- 300ml coconut milk
- salt to taste
- 4 fish cutlets (mackerel, cod etc)

Method

- Heat the olive oil in a pan, add the onions, garlic, ginger, and chilli powder and fry until the onions are soft. Add the green chillies, coconut milk and salt to taste and simmer until thickened. Add the fish, spooning the sauce over it, and cook, uncovered for about 5 minutes or until tender.
- Serve with steamed rice.

Main

One Pot Curry

Linda Lowry

Ingredients

- 1kg diced lamb
- 1 large onion
- 1 clove garlic
- 1 green pepper
- 1 red pepper
- 2 sticks celery
- 1/2 -1 cup beef stock
- 1/2 cup light milk
- 200g natural yoghurt
- curry mix
- 2 tbsp curry powder
- 1/2 tsp ground ginger
- 1/2 tsp turmeric
- pinch paprika
- pinch cayenne
- 1 tbsp flour
- salt and pepper

Method

- Spray pan with cooking oil add meat, brown and remove from pan.
- Add finely chopped onion, garlic, peppers and celery. Cook until soft, stir through curry mix.
- Add milk and stock, simmer uncovered for 15 minutes.
- Return meat to pan, cover and simmer until tender.
- Remove from heat, add natural yoghurt and stir through and serve.

Main

Coconut Chicken Curry with Cauliflower Rice - Gluten and Dairy Free

Amanda Beazley, New South Wales

Ingredients

- 2 tbsp light olive oil
- 8 chicken thighs (boned and skin free)
- 1 onion (finely chopped)
- ½ tsp turmeric powder
- ½ tsp of ground cumin
- ½ tsp of ground coriander
- 5 cloves of garlic (finely chopped)
- 2 inch piece of ginger (finely sliced)
- 1 large chilli (deseeded if desired)
- 1 bunch of coriander (roughly chopped)
- 1 can of light coconut milk
- ½ cup of chicken stock
- 1 head of cauliflower

Method

- Heat oil in a hot pan, add onion and stir for a few minutes until soft.
- Add ginger, garlic and chilli and stir for a few minutes (turn the heat down).
- Add cumin, coriander and turmeric, stir through and allow to cook for about 5 minutes. Ensure you do not burn the spices.
- Remove from pan and set aside.
- Turn up heat and add chicken thighs to pan. Cook until golden brown.
- Add spice mix back to pan and stir for a couple of minutes.
- Add chicken stock and allow to simmer until reduced by half.
- Add coconut milk and allow to simmer for 30 minutes or until chicken becomes nice and tender.
- Grate the cauliflower as this will resemble a rice like appearance.
- Steam cauliflower until soft or microwave for 2-3 minutes.
- Serve curry and rice and sprinkle with freshly chopped coriander.

Main

Oxtail in Red Wine Dumplings

Lionel Johnson, Victoria

Ingredients

- 1.5kg oxtail, cut into sections
- 2 tbsp cake flour
- 2 tbsp olive oil
- 1 large onion, chopped
- 1 clove garlic, crushed
- 2 bay leaves
- 2 tsp salt
- freshly ground black pepper
- ½ tsp dried or 2 tsp fresh rosemary
- 1 cup dry red wine
- 1 cup meat stock
- 2 leeks, sliced
- 2 carrots, sliced
- 2 stalks celery, cut into chunks

Dumplings

- 2 cups cake flour
- 2 tsp baking powder
- 1 teaspoon salt
- 100g butter
- iced water for dough

Method

- Coat oxtail pieces with flour and brown in the heated oil.
- Add onion and garlic and sauté until onion is transparent.
- It may be easier (depending on the size of your pot) to remove the meat while cooking the onions and garlic, and to replace the meat once the onions are done.
- Add bay leaves, salt, pepper and rosemary to the meat and onion mixture.
- Pour heated wine and stock into the pot.
- Stir once, then cover with lid and simmer slowly for 2½ - 3 hours or until meat is tender.
- Only lift the lid to replenish with heated wine or meat stock if necessary.
- Arrange leeks, carrots and celery on top of the meat and simmer for a further 15-20 minutes (30 minutes if you are not cooking dumplings).
- Add dumplings and cover pot for a further 15 minutes.
- Do not lift the lid, this will cause dumplings to flop.
- Dumplings: sift flour, baking powder and salt together and lightly rub butter in with fingers.
- Gradually add iced water and work into a soft dough.

Main

Pesto Pasta with Chicken and Tomato

Megan Ulbricht

Ingredients

- 1 packet penne pasta
- 1 bunch basil leaves
- 1 clove garlic
- glug of olive oil
- 3/4 cup pine nuts
- 1 small triangle block of parma granana cheese(chopped roughly)
- chicken 2 breasts cut into thin strips
- olive oil
- paprika
- salt and pepper
- salsa
- 3 tomatoes cut into small cubes
- 1 bunch coriander cut roughly stalks and all
- salt and pepper
- 1 lime
- balsamic vinegar

Method

- Make pasta as per packet instructions.
- Roast pine nuts on stove top.
- Put all pesto ingredients into blender and blend to good consistency.
- In a bowl put chicken strips, glug of oil, salt and pepper, 1 tsp paprika to coat chicken and stir around let sit while you make salsa.
- In the bowl put cut tomatoes, coriander, 2 tbsp balsamic vinegar, salt and pepper, squeeze lime and stir ingredients.
- Drain pasta, then add to bowl with pesto and serve to plates. On top of the pasta add chicken strips, then spoon tomato salsa to finish. You could top with a fresh squeeze of lime to taste.

Main

Chicken Involтини with Chicory Pasta

David Backhouse, Queensland

Ingredients

- 2 nests fettuccini
- 8 chicory leaves
- 4 chicken thighs
- 12 baby spinach leaves
- 2 bocconcini balls, thinly sliced
- 8 sage leaves
- 1 sprig rosemary, finely chopped
- 4 garlic cloves, finely chopped
- 4 slices prosciutto
- ½ cup dry white wine
- 2 tbsp olive oil
- ¼ tsp chilli flakes
- 1 tbsp grated parmesan
- salt and pepper

Method

- Lay the chicken flat on a surface. Place a slice of bocconcini, a sage leaf, and a sprinkle of garlic (reserve half the garlic to be used for the chicory), rosemary and salt and pepper, 3 spinach leaves per chicken.
- Roll the chicken and then wrap with prosciutto and tie securely with kitchen string.
- Heat 1 tbsp of oil in heavy based frypan. Add the involtini and brown on all sides.
- Add wine, bring to a simmer, cover and cook for 20-30 minutes.
- Cook the fettuccini in a large saucepan of boiling water until al dente, drain.
- Bring a pot of water to the boil. Add chicory with a good pinch of salt and boil for 3 minutes. Drain and chop coarsely.
- Heat 1 tbsp of oil in large fry pan, add chicory, remaining garlic and chilli and sauté for 2 minutes. Remove from the heat and add pasta and parmesan cheese and stir through.
- Remove the involtini from the pan and remove the string. Increase the heat to the pan and reduce the sauce until thick and syrupy, remove from heat and add 4 whole sage leaves.
- Serve the involtini, drizzle with sauce and place chicory pasta on the side.

Main

Chilli Prawn and Calamari Spaghetti

Anna Noud, New South Wales

Ingredients

- 125g unsalted butter
- 2 garlic cloves, crushed
- 3 small red chillies, seeded and finely chopped
- 4 pieces spring onions, finely chopped
- 2 tbsp fresh parsley, finely chopped
- 500g thin spaghetti
- 60g parmesan cheese, grated finely
- 400g green prawns, peeled and deveined
- 1 piece calamari tube, sliced into strips

Method

- Heat butter in a large frying pan over a medium heat. When warm, add garlic, spring onions and chilli, and cook until onions soften. Add parsley, stir to combine. Put aside and keep warm.
- Cook pasta in plenty of boiling, salted water for about 6 minutes until tender. Drain and return to pan. Keep warm.
- Cook prawns in high heat pan until they start to orange, add calamari and cook through (being mindful not to over cook).
- Combine all ingredients in with the pasta and add the parmesan cheese. Serve immediately.

Main

Pork Chops with BBQ Sauce in Minutes

Vickie McGuinness, Tasmania

Ingredients

- pork chops
- salt
- 2 peeled and almost sliced through potatoes
- half chicken stock cube
- 1/4 cup water
- 3/4 cup cream
- 1/2 cup grated cheese
- pinch paprika
- peas and carrots to serve

BBQ sauce

- 3 tbsp brown sugar
- 1 tbsp tomato sauce
- 1 tbsp vinegar
- 1 tbsp worcestershire sauce
- pinch mustard powder

Method

- Slice crackle on pork chops and rub in salt. Place under grill or george forman ready to cook.
- Place potatoes in a 2 person microwave dish with water s/p and sprinkle chicken cube on top. Cover and cook on medium for 7-10 minutes (all depends on how big potatoes are [potato still a little undercooked]).
- Start cooking pork chops.
- Combine sauce ingredients in a small saucepan.
- Place cheese on top of potato covering it with the cream and sprinkle with paprika. Place back in microwave for a further 4-5 minutes uncovered or untill potatoes are tender and cooked. (Not overcooked)
- Turn chops and cook other side.
- Place sauce on hotplate on medium high and stir until sugar dissolves and boiling. Immediatly remove and cover until ready to use.
- Place chops, 1 potato each with cheese sauce carrot and peas, cover chops with BBQ sauce.

Main

Roasted Pork Fillet with Balsamic Pears

Ray Skinner, Tasmania

Ingredients

- 2 tbsp vegetable oil
- 750g pork fillet
- 20g butter
- 1 red onion cut into wedges
- 2 firm pears cored and thinly sliced
- 2 tbsp balsamic vinegar
- 1/2 cup chicken stock
- 2 tbsp honey
- mashed potatoes or pearl cous cous to serve
- suggest steamed julienne carrot for colour

Method

- Quickly seal pork fillets in frypan on each side.
- Preheat oven to 220°C.
- Place fillets in oven dish to cook through 5-10 minutes. Slice part way through to check/ return to oven if needed or rest for 5 minutes.
- Meanwhile, melt butter in used frypan. Sauté onion 2-3 minutes. Add pears sauté further 4-5 minutes. Stir in balsamic bring to gentle boil. Add stock and honey, simmer for 3 minutes.
- Slice pork thinly, serve with above suggestions.
- Top with pears, onions and sauce mix.

Main

Chicken and Prosciutto Roll

Luminita Priest, Queensland

Ingredients

- 4 medium size chicken breasts
- 12 slices of spanish prosciutto
- 100g of shredded Jarlsberg cheese
- 100g of shredded Australian tasty cheese
- 1 red capsicum grilled and cut in julienne
- 1 small bunch of chives
- 150g of softened salted butter
- 8 fresh oregano leaves or a good pinch of dry oregano
- zest from one small lemon
- 2 medium garlic cloves crushed
- ½ cup of white wine
- olive oil
- salt and pepper

Method

- Preheat oven to 180°C.
- Grill capsicum in a baking dish. Peel and remove seeds and cut into fine julienne strips.
- Prepare each chicken breast into a flat fillet. Cover with cling wrap and gently flatten the fillets.
- In a bowl mix the crushed garlic, chopped chives, lemon zest, chopped oregano and pepper until it forms into a paste.
- Melt the salted butter, jarlsberg and tasty cheese. Add the garlic and herbs mixture. Stir and remove from the heat.
- Place a piece of glad wrap flat on a chopping board or on a flat surface.
- Place 3 slices of spanish prosciutto next to each other and put the chicken fillet on top. Spoon 1/4 of the cheese and garlic mixture and place it at the base of the chicken fillet. Add 1/4 of the finely sliced capsicum, crushed pepper and a little bit of salt. Roll the chicken and refrigerate for one hour.
- Remove the glad wrap from each fillet and pan fry it in olive oil at medium to high heat until the prosciutto has a nice golden brown colour.
- Pour the white wine and lemon juice over the chicken and finish cooking in the oven. This will take 5-6 minutes. Remove and allow to rest for 2 minutes.

Main

White Chocolate Chicken

Sarah Leighton, New South Wales

Ingredients

- 12 chicken thighs (boneless)
- 2-3 onions (enough to cover bottom of your pan well)
- 600g diced bacon
- 2 fresh asparagus
- 4 fresh carrots
- 7 medium potatoes
- 15 white chocolate drops
- 5 tsp milk (white sauce)
- 1/4 cup milk (potato)
- enough butter to make mash potato sort of yellowish and not dry
- 3 tsp oil (sunflower for frying)
- marroccan seasoning (african)

Method

- Chop onions. Put oil, onions and bacon throughout the bottom of the pan. Put the lid on fry pan with vent hole open.
- Leave to simmer on medium (about 5 on electric fry pan) for 25 minutes. During this time stir onion and bacon.
- The next section you will need to time well; the mash potato, carrots and asparagus have to be ready at the same time.
- Meanwhile, peel and cut potatoes to boil and mash.
- Peel carrots and cut (julienne). Prepare asparagus (wash and trim ends).
- Turn over your chicken and turn up the heat (7-8 on electric pan). Leave uncovered.
- Steam asparagus and carrots (in 8 minutes). Mash potato with milk and butter, add as much marroccan seasoning as you like.
- Put chocolate milk buds in a microwave container with the milk. Put in the microwave for a very small amount of time and stir well.
- Mash potato on the bottom.
- Place asparagus over the top of chicken. Pour over white chocolate sauce.

Main

Baked Wild Duck in Muscat

Carmel Miller

Ingredients

- wild duck
- seasoning
- 2 onions
- 2 garlic cloves
- 3 cups fortified muscat wine
- 2 cups water
- 3 tbsp butter

Method

- Season the duck and place 1 onion in the duck and seal.
- Place the duck in a baking dish with one garlic clove sliced in the skin and 1 clove in the breast of the duck and water and smear the butter on the breast of the duck and bake in the oven on 160°C for a couple of hours.
- This meat will fall off the bone and you won't have the wild smell associated with wild duck.
- Note: this can only be done in duck shooting season.

Main

Grilled Barramundi with Mushroom Mustard Sauce and Cooked Vegetables

Naomi Tanaka, Queensland

Ingredients

- 500g barramundi
- 2 potatoes
- 1 carrot
- 200g green beans
- 3 mushrooms
- 1 onion
- 50ml white wine
- 1 tbsp vinegar
- 1 tbsp brown sugar
- 1 tbsp wholegrain mustard
- 2 tbsp mayonnaise
- 1 tbsp soy sauce
- 20ml water

Method

- Cut barramundi in quarter and season with salt and pepper on both sides.
- Peel and roughly chop potatoes. Boil them until soft. Discard hot water and season with chicken salt.
- Peel and cut carrots. Cook them with a little butter, vegetable stock and sugar until tender.
- Cut green beans and steam them until tender. Place them in icy water to enhance its green colour.
- Coat flour on both sides of barramundi fillets and fry them with a little oil in a frying pan until golden.
- Grill them in an oven at 180°C for 10 minutes to cook completely.
- Meanwhile, cook sliced onion and mushrooms with a little butter in a clean frying pan. Add ingredients and mix well and cook further for 10 minutes. To thicken the sauce, dissolve 1 tsp corn starch with a little water and add the sauce.
- Arrange 2 pieces of barramundi fillets on a plate and pour over the mushroom mustard sauce. Place cooked vegetables on the side.

Main

Steak Pie

Barbara Whillock, New South Wales

Ingredients

- 1-2 tbsp olive oil
- 1 onion, diced
- 500g rump steak, cubed
- 1-2 tbsp plain flour
- 2 beef stock cubes
- 6-10 mushrooms (optional), sliced
- 1 cup boiling water
- 1 tbsp (or sachet) tomato paste
- 2 sheets puff pastry, thawed

Method

- Sauté the onion in the oil in a large frying pan. When onion is clear/ softened add the beef and brown (have it on high heat or it will stew). When beef is browned add flour and mix until the flour evenly coats the meat, cook a little without burning. Dissolve stock cubes in water. If adding mushrooms add them at this stage then put in stock mixture and stir well. Let simmer.
- Grease a pie dish, casserole dish or small baking tray, line with one piece of pastry. Preheat oven to 220°C.
- Add the tomato paste to the frypan and mix in well. Simmer down until the gravy has thickened (don't put a lid on the pan).
- Pour the meat mixture into the pre-prepared pastry case. Top with other piece of pastry and prick a few times with a fork to allow steam to escape. Bake in oven approx ½ hour until pastry is golden brown and crispy.
- Serve with vegetables or salad.

Main

Vegetable Sausage Rolls

Olivia Pritchard, Victoria

Ingredients

- 1 large carrot, grated
- 1/2 red capsicum, finely chopped
- 125g can creamed corn
- 1 medium zucchini
- 1/2 bunch chives, finely chopped
- 1 tbsp tomato sauce
- 1 cup seasoned stuffing mix
- 2 sheets reduced fat puffed pastry
- 1 egg, lightly beaten
- sesame seeds (optional)
- serve with tomato sauce

Method

- Combine all vegetables, sauce and stuffing mixture in a large bowl.
- Cut pastry sheets in half to form rectangles.
- Spoon a quarter of the vegetable mixture down one long side of one pastry rectangle. Brush the opposite edge with egg. Roll up pastry to enclose the vegetable filling to form a long snake shape. Repeat with remaining pastry rectangles and filling.
- Cut each snake shape into four equal pieces. Place them onto a tray lined with baking paper. Brush them with egg and sprinkle with sesame seeds.
- Cook in a hot oven (200°C) for about 15-20 minutes or until golden brown. Allow to cool slightly before serving.
- Serve with tomato sauce.

Main

Marinated Chicken and Goats Cheese Pizza

Christina Parker, Victoria

Ingredients

- 1 jar good quality pesto or home made
- 2 flat bread or pizza bases
- 2 chicken breasts chopped
- 3 drops of liquid smoke
- 1/2 cup of balsamic vinegar
- 3 tbsp olive oil
- 1 jar artichokes chopped in quarters
- 2 tsp garlic
- 120g goats cheese
- 1 avocado chopped

Method

- Heat oil and garlic in pan. Add chicken, vinegar, and liquid smoke. Sauté until chicken is tender. Allow to cool.
- Spread pesto over pizza bases or flat bread.
- Distribute chicken, avocado, artichokes and goats cheese evenly over pesto.
- Place in 200°C oven for 15 minutes.

Main

Caramelised Pumpkin and Sweet Potato Fetta Tartlets

Eric Dethomas, Victoria

Ingredients

- 300g butternut pumpkin, cut into cubes
- 300g sweet potato, cut into cubes
- 1 large sliced brown onion
- 1/4 cup balsamic vinegar
- 1 tbsp castor sugar
- 400g fetta cheese crumbled
- 4 beaten eggs
- 2 tsp caraway seeds
- 1/2 cup pine nuts, toasted
- 3 sheets puff pastry.

Method

- Press circles out of puff pastry and line muffin tins with them.
- In a 180°C oven roast cubed pumpkin and sweet potato in olive oil, sprinkled with salt and pepper for approx 35 minutes.
- Fry onions in balsamic vinegar and sugar until caramelised. When cool mix together and add roasted pine nuts, caraway seeds and fetta.
- Place mixture into each lined muffin tin hole.
- Pour a little beaten egg into each tartlet until about 1/2 full. Cook in a 180°C oven for 25 minutes.

Main

Breakfast Burritos

Joan De Shan, Queensland

Ingredients

- scrambled eggs
- 4 rashers bacon
- 1 onion
- 200g mushrooms
- 1/2 capsicum
- 6 eggs
- 2 ripe avocados
- 1/2 capsicum
- 2 spring onions
- 1 dessert spoon of sour cream
- a dash of tabasco sauce
- salt and pepper
- 1 hot chili
- 1 tomato
- 1 red onion
- 1 green apple or 1 mango
- 1 tsp sugar
- salt and pepper to taste
- handful fresh coriander
- grated cheese
- sour cream
- 8 flour tortillas

Method

- **Scrambled eggs:**
dice bacon, finely dice onion, dice capsicum, dice mushrooms. Fry until bacon browned and vegetables soft. Scramble eggs into this mixture. Remove from pan and keep warm.
- **Guacamole:**
chop avocado flesh into small squares. Finely dice capsicum and spring onions. Mix into avocado. Add sour cream, tabasco and salt and pepper. Incorporate without making it too mushy.
- **Salsa:**
place all salsa ingredients into a processor and process until mixture resembles a fine dice.
- Take a spoonful of guacamole and spread over 1 flour tortilla. Place a spoonful of scrambled eggs in center, top with more guacamole, grated cheese, a dollop of sour cream, and a spoonful of salsa. Fold tortilla up from bottom, then in from each side.

Main

Healthy Tandoori Turkey Burgers

Heather Anschau, Queensland

Ingredients

- loaf of freshly baked turkish bread or rolls
- 500g lean, good quality turkey mince
- 1 jar tandoori paste
- 500ml tub of greek yoghurt
- dash of olive oil
- dash of lemon juice
- bunch of fresh coriander
- bunch of fresh mint
- 50g greek feta
- 2 roma tomatoes
- rocket to serve

Method

- Use hands to combine the turkey mince with the tandoori paste until the mixture is a red colour (the more tandoori paste used, the spicier the mixture).
- Chop up the fresh coriander leaves finely (dispose of the stems) and combine with the meat/ tandoori mixture. Work the mixture into 8 small balls and flatten with the palm of your hand to make a 'pattie' shape.
- Using a frypan, cook the patties over medium heat until a crispy outside is formed. Flip patties and cook other side.
- While patties are cooking, slice tomato and crumble feta with your hands. Put aside until serving.
- Toast the turkish break/ rolls in grill of the oven for 5 minutes or until the top turns a delicate golden brown.
- In the last few minutes of the turkey mince cooking and the turkish break toasting, finely chop the fresh mint and combine with the greek yoghurt. Add a dash of olive oil and lemon juice and season with salt and pepper.
- To serve, top the toasted bread with crumbled feta, sliced tomato, a generous dob of the yoghurt mixture and finally the turkey patties.

Main

Carne en Salsa Roja con Frijoles

Lydia King-Evans, Queensland

Ingredients

- 1kg minced beef or lamb
- 1 can tomatoes
- 1 can pinto (borlotti) beans
- 2 tsp salt
- 1 tsp ground cummin
- 1 clove garlic
- 2 to 4 tsp masterfoods mexican style chili powder
- 1/2 tsp paprika
- 1 large onion, finely chopped
- 2 tbsp olive oil

Method

- Cook onion, garlic and spices with oil in large frypan. Crumble in mince and cook thoroughly, add salt, tomatoes and beans.
- Cook a further 5 minutes or so on a lower heat stirring until all ingredients are thoroughly mixed and heated.
- Good served over corn chips, or just with them. Serve with chopped onion and grated cheese sprinkled over the top.

Dessert

Pear Crumble Tart

Phuoc Huynh, New South Wales

Ingredients

- 1 cup (125g) plain flour
- 50g icing sugar
- pinch of salt
- 50g unsalted butter, softened and cubed
- 1 egg, room temperature

For the poached pear puree

- 3 medium pears
- 1 cup (250ml) water
- 1/2 cup (125g) caster sugar
- 1/2 vanilla pod, seeded
- 2 tsp cinnamon powder

For the crumble mixture

- 1/4 cup (62g) flour
- 1/3 cup (83g) caster sugar
- 75g unsalted butter, softened and cubed
- 1/4 cup (20g) rolled oats
- 1/4 cup (22g) dessicated coconut

For the crumble:

- Combine the flour and caster sugar in a bowl. Rub the butter into the flour mixture until breadcrumbs form. Mix in the rolled oats and coconut. Set aside until required.

Assembly of the tarts:

- Preheat the oven to 180°C. Spread a heaped tablespoonful of the pear puree into the shell.

Method

- For the tart shells sift the flour and icing sugar together and add salt. Rub butter into the flour mixture until breadcrumbs form. Pour mixture onto a clean and lightly floured surface and make a well in the centre.
- Crack the egg into the middle of the well and mix into the flour mixture until it begins to hold together.
- Knead the dough until just incorporated and smooth. Avoid over working it. Wrap dough with cling wrap, shaping it into a log, and then refrigerate for 1-2 hours.
- Preheat the oven to 180°C. Cut into 8 segments and roll each disk, on a lightly floured surface, to a thickness of 2-3mm.
- Cut the dough with a 10cm circle cutter and line tart tins with the dough. Prick the tart base with a fork and chill in freezer for 10 minutes.
- Line the tart with baking paper, fill with ceramic pie weights, dried beans or rice and blind-bake for 10 minutes. Remove the paper and weights and bake for a further 5 minutes. Set tart shells aside until required.
- Poached pear puree:
peel, core and cut pears into chunks. Heat water, sugar, vanilla seeds and cinnamon in a saucepan over medium heat until sugar dissolves. Add pears to the syrup and poach for 30 minutes until soft. Blend the pears with a little of the poaching liquid with a food processor/blender until smooth. Set puree aside until required.

Dessert

Ann's Never Fail Hummingbird Cake

Ann Linto, Western Australia

Ingredients

- 3 cups plain flour
- 2 cups sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1,1/4 cups vegetable oil
- 3 eggs
- 1 (225g) can crushed pineapple with juice
- 2 cups diced bananas (mashed)
- 1 tsp vanilla essence
- 1 cup chopped strawberries

Frosting

- 115gm butter or margarine softened
- 225gm cream cheese
- 480gm icing sugar
- 10ml vanilla extract

Method

- Preheat oven to 175°C.
- Grease and flour 1 large baking tin. (Or 2 sandwich tins).
- Sift flour, cinnamon and ginger into mixing bowl.
- Add sugar, soda, salt, oil, beaten eggs and vanilla and beat until smooth. Stir in pineapple with juice, bananas and strawberries until well combined.
- Pour into prepared pan(s).
- Bake in oven for 70 minutes.
- Cool for 20 minutes. Beat softened butter and cream cheese until well blended.
- Add icing sugar and vanilla. Beat until creamy.
- Ice with cream cheese frosting when completely cooled.

Dessert

Banana Carrot Cake with Maple Syrup Cream

Elliott Hohenhaus, Queensland

Ingredients

Cake

- 1/2 cup self raising flour
- 3/4 cup brown sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/2 cup vegetable oil
- 1/2 tsp vanilla extract
- 2 eggs lightly beaten
- 2 cups grated carrot
- 1 ripe banana mashed

Icing

- 250g cream cheese
- 1/4 cup maple syrup
- 1/2 cup walnuts roughly chopped (or whatever are your favourite nuts)

Method

- Preheat oven to 180°C.
- Sift flour into a bowl.
- Add sugar and spices and mix.
- Pour in oil, vanilla and eggs and stir until smooth.
- Mix in banana and carrot until just combined.
- Pour into a lined 18cm spring form tin and bake for an 50-60 minutes.
- Let rest for 15 minutes before removing from tin to cool completely.
- Mix together cream cheese and maple syrup until smooth and spread over top of cake.
- Sprinkle nuts over the icing.

Dessert

Aunty Fabi and Nonna's Apple Cake

Heather-Jean Moye, South Australia

Ingredients

Filling

- 4 tbsp unsalted butter
- 3/4 cup light brown sugar
- 4 large granny smith apples (about 2 pounds), peeled, quartered and cored
- almond crust
- 1/3 cup almonds
- 2 tbsp sugar
- 1 cup all-purpose flour
- pinch of salt
- 1 stick cold unsalted butter, cut into bits
- 1 large egg, lightly beaten
- 1 to 3 tsp ice water

Method

- In a 9-inch cast-iron skillet, melt the butter and brown sugar over moderate heat, stirring to combine. Turn off the heat.
- Fit the apple quarters on their sides snugly in the skillet. Cook over moderately high heat until the juices are bubbling, about 5 minutes. Turn the apples with a spoon and cook for 5 minutes longer. Turn them rounded side up, reduce the heat to moderate and cook for 5 minutes, then turn them rounded side down and cook for 4 to 5 minutes longer. The apples should be soft when pressed gently but not falling apart. Remove the skillet from the heat.
- Almond crust:
process the almonds and sugar in a food processor until finely ground. Add the flour and salt and pulse to combine. Add the butter and pulse until the mixture resembles coarse meal. Add the egg and pulse briefly to incorporate. Add the water 1 tsp at a time and pulse until the dough can be gathered into a ball. Transfer it to a lightly floured sheet of wax paper and, with floured fingers, pat the dough into an even 9 1/2-inch round. Slide the paper with the crust onto a cookie sheet and refrigerate until firm or for up to 4 hours.
- Preheat the oven to 400°C. Let the dough stand at room temperature for about 10 minutes. Peel off the wax paper and cover the apples with the dough round. Bake for about 25 minutes, or until the pastry is golden. Let sit for 10 minutes, then invert the tart onto a large flat platter and serve it warm.

Dessert

Grans Easy Apple Cake

Judy Lee, Tasmania

Ingredients

- 4 cups diced granny smith apples
- 1 1/2 cups sugar
- 2 eggs
- 1/2 cup oil
- vanilla
- 2 cups of self raising flour
- 1/4 tsp bi-carb soda
- 1/4 tsp cinnamon

Method

- Beat sugar, oil and eggs
- Add vanilla, spice, diced apple, soda, and lastly flour.
- Bake 180°C for 60 minutes.
- Can dust with icing sugar or cinnamon and sugar when cooked and cooled.

Dessert

Sugarless Date and Ginger Loaf

Mario Ferraro, Queensland

Ingredients

- 250g dates chopped
- 1/2 naked ginger (chopped)
- 90g butter
- 1 cup of water
- 1 tsp bi-carb soda
- 2 eggs
- 1 tsp cinnamon
- 1 tsp ginger powder
- 2 cups sifted rye flour (add husks back in)
- 2 tsp baking powder

Method

- Chop dates and naked ginger. Cover with 1 cup boiling water and 1 tsp bi-carb soda and leave for 5 minutes.
- Sift rye flour and cinnamon, powdered ginger into a large bowl.
- Add cooled date mixture and 2 eggs to sifted dry ingredients and lightly fold together.
- Pour into greased and lined loaf pan.
- Bake in a moderate oven for approx 30 minutes or until skewer comes out clean.

Dessert

Ginger Sponge

Ruth Kuss

Ingredients

- 4 eggs
- 3/4 cup caster sugar
- 1/2 cup cornflour
- 2 dessert spoons plain flour
- 2 tsp ginger
- 2 tsp cinnamon
- 1 tsp cocoa
- 1 tsp baking powder
- 1/2 tsp bi-carb soda
- 1 dessert spoon golden syrup (slightly warm)

Method

- Beat eggs and sugar for approx. 8 minutes.
- Add all dry ingredients that have been sifted twice, add golden syrup.
- Divide mixture into 2 deep sandwich tins (20cm) bake in a moderate oven for approx. 20 minutes.

Dessert

Peaches 'n' Cream Cake

Jill Norris, Tasmania

Ingredients

- 1 1/2 cups sr flour
- 3/4 cup caster sugar
- 3/4 cup cream
- 2 eggs
- 1tsp vanilla essence
- 1 x 425g tin peaches, drained and chopped

Method

- Preheat moderate oven.
- Line and grease cake tin.
- Place all ingredients in a bowl and mix until just combined.
- Pour into cake tin and bake until golden brown and firm.
- Can sprinkle flaked almonds on top before baking, or dust with icing sugar after cake has cooled.

Dessert

Orange and Poppyseed Cake

Sue Quinn, New South Wales

Ingredients

- 185g butter
- 3/4 cup caster sugar
- 2 tsp grated orange rind
- 3 eggs, separated
- 300g sour cream
- 1 3/4 cup self raising flour
- 2/3 cup poppy seeds

Syrup

- 2 tsp grated orange rind
- 1/2 cup orange juice
- 1/4 cup lemon juice
- 3/4 cup castor sugar

Method

- Lightly grease a 22cm cake mould or round tin, sprinkle with flour.
- Beat butter, sugar and rind in bowl until light and fluffy.
- Add yolks one at a time, beating only till combined.
- Beat in sour cream.
- Fold in flour and seeds.
- Beat egg whites, till stiff, then fold into mixture.
- Bake in slow oven, approx 1 hour.
- Let stand for 5 minutes.
- Lightly prick cake with skewer and pour over syrup evenly over hot cake. Ensure that cake is on a tray.
- Syrup:
combine all ingredients. Stir over heat, without boiling until sugar is dissolved. Bring to boil then remove and pour over cake.

Dessert

Banana Flambe

Bill Morrison, Victoria

Ingredients

- 2 large firm bananas
- 1 tbsp butter
- 1 tbsp brown sugar
- 1 cup dark rum

Method

- Peel then cut the bananas in half and then also cut in half lengthwise giving 8 pieces of banana.
- Place the butter in a cast iron frypan and when melted add the bananas. Fry until they begin to brown turning them over to brown on other side.
- Add the brown sugar and shuffle the pan to mix the butter and sugar together. Remove from the stove and add the cup of rum.
- Then very carefully light the pan and continue to shuffle so that a lovely caramel like sauce appears.
- Serve 2 pieces of banana on a dessert platter with a good scoop of ice cream on top.

Dessert

Rum Torte

Maggie Calogero, Victoria

Ingredients

- 3 eggs
- 3/4 cup castor sugar
- pinch salt
- 1 cup self raising flour
- 1 level tbsp cornflour
- 1 tsp butter dissolved in 3 tabs boiling water

Chocolate mousse

- 125g dark good quality chocolate
- 1 tbsp caster sugar
- 1 tbsp water
- 1 tbsp rum
- 2 eggs

Method

- **Cake:**
beat whites with salt until stiff, gradually add sugar, fold in yolks then sifted flour and cornflour.
- Quickly stir in boiling water and butter. Pour into greased and floured 20cm spring-form tin.
- Bake in a mod oven about 30 minutes. The cake is cooked when it shrinks slightly from sides of tin.
- Remove sides of tin so it will cool. Leave it in the base of the tin.
- **Mousse:**
melt the chopped chocolate with sugar, water, rum in top half of double saucepan. Add yolks, stir over boiling water few minutes to thoroughly cook yolks, but be careful not to over heat.
- Beat whites til very stiff and dry, gradually pour in the chocolate mixture: replace sides of tin around cooled cake.
- Break surface of cake with a fork several places almost through to the bottom. Spoon chocolate mixture over cake 1 tbsp at a time, letting it run into the spaces.
- Chill thoroughly until set. Run a knife around of tin before releasing sides.
- Serve topped with whipped cream and strawberries.

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